Everyday Unit Conversion Guide

A practical reference for temperature, weight, length, volume, power, and energy conversions

Prepared by Everyday Conversion Guide

Online conversion tool: If you need to calculate a conversion quickly, visit Quickly Converter.

1. Temperature Conversions

Temperature is commonly measured in Fahrenheit and Celsius. Fahrenheit is widely used in the United States, while Celsius is used in most countries.

Formula: °C = (°F – 32) × 5/9

Examples

99°F → (99 – 32) × 5/9 = **37.22°C**.

20°C → (20 × 9/5) + 32 = **68°F**.

Fahrenheit	Celsius
32°F	0°C
50°F	10°C
68°F	20°C
77°F	25°C
86°F	30°C
99°F	37.22°C
100°F	37.78°C
212°F	100°C

Celsius to Fahrenheit: °F = (°C × 9/5) + 32

2. Weight Conversions

Weight and mass are commonly expressed in pounds, kilograms, ounces, and grams. These conversions are useful in shopping, cooking, shipping, fitness, and everyday measurement.

Formula: kilograms = pounds × 0.453592

Examples

10 lb × 0.453592 = **4.53592 kg**, or approximately 4.54 kg.

5 kg × 2.20462 = **11.0231 lb**, or approximately 11.02 lb.

Conversion	Equivalent
1 pound	0.453592 kg
1 kilogram	2.20462 lb
1 ounce	28.3495 g
1 gram	0.035274 oz
1 kilogram	1,000 g

3. Length Conversions

Length conversions help compare distances and dimensions across metric and US customary units.

Formula: kilometers = miles × 1.60934

Examples

5 miles × 1.60934 = **8.0467 km**, or approximately 8.05 km.

10 inches × 2.54 = **25.4 cm**.

Conversion	Equivalent
1 inch	2.54 cm
1 foot	0.3048 m
1 yard	0.9144 m
1 mile	1.60934 km
1 meter	3.28084 ft
1 kilometer	0.621371 mi

4. Volume Conversions

Volume measurements are common in cooking, beverages, household tasks, science, and trade. Be careful to distinguish US gallons from Imperial gallons.

Formula: liters = US gallons × 3.78541

Examples

1 US gallon × 3.78541 = **3.78541 liters**.

2 US gallons × 3.78541 = **7.57082 liters**.

Conversion	Equivalent
1 US gallon	3.78541 L
1 liter	0.264172 US gal
1 US quart	0.946353 L
1 US pint	0.473176 L
1 US cup	236.588 mL
1 US fluid ounce	29.5735 mL

5. Power & Energy Conversions

Power measures the rate at which energy is transferred or used. Common power units include watts, kilowatts, megawatts, and horsepower.

Formula: 1 kW = 1,000 W; 1 MW = 1,000,000 W

Examples

100 MW × 1,000,000 = **100,000,000 watts**.

5 kW × 1,000 = **5,000 watts**.

Conversion	Equivalent
1 kilowatt	1,000 watts
1 megawatt	1,000 kilowatts
1 megawatt	1,000,000 watts
1 mechanical horsepower	≈745.7 watts

Popular Everyday Conversions

Conversion	Result
1 US gallon to liters	3.78541 L
99°F to Celsius	37.22°C
100°F to Celsius	37.78°C
1 pound to kilograms	0.453592 kg
1 mile to kilometers	1.60934 km
1 inch to centimeters	2.54 cm
1 kilogram to pounds	2.20462 lb
1 liter to US gallons	0.264172 gal
1 kilowatt to watts	1,000 W
100 megawatts to watts	100,000,000 W

Metric and US Customary Units

The metric system is widely used internationally and includes meters, kilograms, liters, and Celsius. The United States commonly uses units such as inches, feet, miles, pounds, ounces, and gallons for many everyday measurements.

When converting between systems, use the appropriate conversion factor and check whether a volume measurement refers to a US or Imperial unit.

Frequently Asked Questions

What is unit conversion?

Unit conversion changes a measurement from one unit to another while representing the same quantity.

How many liters are in 1 US gallon?

One US gallon equals approximately 3.78541 liters.

What is 99°F in Celsius?

99°F equals approximately 37.22°C.

How many kilograms are in one pound?

One pound equals approximately 0.453592 kilograms.

How many kilometers are in one mile?

One mile equals approximately 1.60934 kilometers.

How many watts are in one kilowatt?

One kilowatt equals 1,000 watts.

Online Conversion Tool

For quick calculations, you can use Quickly Converter, an online tool for common unit conversions.

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